

## 2000 Calendar

### March 27-29

TCSW Spring Training Conference  
Loews Vanderbilt Plaza  
Nashville, TN  
e-mail: [tcsw@nash.tds.net](mailto:tcsw@nash.tds.net)  
615- 353-8000

### May 6

Children's Mental Health Day Celebration  
Nashville Zoo at Grassmere  
For information: TN Voices for Children  
615-269-7751  
800- 670-9882

### June 7-10

Clifford W. Beers National Mental Health  
Conference  
Loews L'Enfant Plaza Hotel  
Washington, DC  
[dlooney@nmha.org](mailto:dlooney@nmha.org)  
<http://www.nmha.org>

### June 23-27

National Association of Protection &  
Advocacy Systems Annual Meeting  
Washington, DC  
202-408-9514  
[www.protectionandadvocacy.com](http://www.protectionandadvocacy.com)

### June 30-July 4

National Alliance for the Mentally Ill (NAMI)  
20<sup>th</sup> Anniversary Convention  
Chicago, IL  
800-455-8667  
703-524-7600  
[www.nami.org](http://www.nami.org)

### July 18-21

Eighth National Alzheimer's Disease  
Education Conference  
Long Beach, CA  
312-335-5790  
[www.alz.org](http://www.alz.org)

## CMHS provides Anti-Stigma Kits

The Center for Mental Health Services (CMHS) has developed a kit aimed at educating the public on the stigma associated with mental illness.

The agency hopes the Anti-Stigma Tool Kit will serve to amplify the voices of people with mental illness and eliminate negative images associated with it.

The kit contains a poster – *Know me as a person not by my mental illness*– a fact sheet, brochures and an order form.

Materials may be ordered by contacting the CMHS Knowledge Exchange Network (KEN) at 1-800-789-2647; FAX (301) 984-8796. The KEN web site is <http://www.mentalhealth.org/stigma>

CMHS is part of the Substance Abuse and Mental Health Services Administration (SAMSHA).



## While U.S. Homicides Decline, CDC Reports Youth Suicide Increase

"Society has not adequately protected our young people from two violent ends to young lives – homicide and suicide," said Dr. David Satcher, U.S. Surgeon General.

Even though the number of homicides reported in the U.S. dropped in 1994, youth suicide rates are increasing.

Data released at a National Violence Prevention Conference in Des Moines, Iowa, showed there were 23,730 homicides in 1994, down from 25,470 in 1993. With this decrease, homicide dropped from being the 10<sup>th</sup> leading cause of death in the U.S. to becoming the 11<sup>th</sup>.

According to the report, death rates from homicide fell by 8 percent, from 10.5 deaths per 100,000 in 1993 to 9.7 in 1994.

As for homicides among young men, age 15 to 24, the news was not as promising. The rates in this group have not decreased, although they have leveled off.

The rate of firearm homicide among 15 to 24 year old males is twice as high as that of the overall homicide rate (33 per 100,000 population). Firearm homicides account for nearly 90 percent of the total homicides in this age group.

In contrast to homicides, suicide rates are not declining. The number of suicides in 1994 was 32,410, up from 31,230 in 1993.

As with homicide, suicide is a major problem among young men, 15 to 24 years. Suicide rates have more than tripled among this age group since the mid-1950s. And there are no signs that the trend is dropping.

Suicide rates among young men age 15 to 24 remain twice as high as the overall suicide rate in the United States.

Although suicide rates for blacks are lower than for whites, the rate for black males, age 15-19 years, increased 165 percent from 1980 to 1992.

Satcher said that while it is "encouraging to see the overall homicide rate come down, it's distressing to see so many of our young people dying from violence that is either self-inflicted or inflicted by another. We have got to find more effective ways to prevent this."

Regional suicide prevention conferences will be held prior to the end of this school term. A youth violence conference is scheduled for fall. At press time, dates were not finalized. For dates or information call Gwen Hamer at (615) 532-6510.



Department of Mental Health and  
Mental Retardation  
Office of Public Information & Education  
11th Floor, Andrew Johnson Tower  
710 James Robertson Parkway  
Nashville, TN 37243

# UPDATE

OF THE TENNESSEE DEPARTMENT OF MENTAL HEALTH AND MENTAL RETARDATION

Volume 6 • Number 1

January/February 2000

## **Surgeon General's MH Report: Treatments Available But Many Fail to Seek Them**

A range of effective, well-documented treatments exist for most mental disorders, yet nearly half of all Americans who have a severe mental illness fail to seek treatment, according to the first ever Surgeon General's report on mental health.

The report, issued in December, focused on the connection between mental health and physical health, barriers to receiving mental health treatment, and the specific mental health issues of children, adults and the elderly.

"Mental Health is fundamental to a person's overall health, indispensable to personal well being and instrumental to leading a balanced and productive life," said U.S. Surgeon General Dr. David Satcher.

"My message to Americans is this: If you, or a loved one, are experiencing what you believe might be symptoms of a mental disorder, do not hesitate to seek effective treatment now. Insist on the kinds of services that this report makes clear can and should be available.

"While there is no single solution to any mental disorder, most people with mental disorders have treatment options - including medications and short-term psychotherapy, and community based supportive services," he said.

Satcher noted that over the last two decades a revolution in science and service delivery has broadened the understanding of mental health and mental illness, and improved the ways in which mental health care is provided. Safe and effective options are available to treat the mental disorders that affect one in five Americans per year.

The report said that disorders such as depression, schizophrenia and eating disorders are real illnesses that, if untreated, can be as disabling and serious as cancer and heart disease in terms of premature death and lost productivity.

Manic depression (bipolar) illness, anxiety disorders, attention deficit hyperactivity disorder, autism and Alzheimer's disease are other common mental illnesses that affect millions of Americans. However, quality of life is tremendously improved when a mental disorder or mental health problem is diagnosed early and treated appropriately.

Satcher and Health and Human Services Secretary Donna Shalala presented the report - *Mental Health: A Report of the Surgeon General* - to Tipper Gore, the president's advisor on mental health.

For a copy of the executive summary of the report, a resource directory, fact sheets and a catalog of related materials available from federal agencies call toll-free 1-877-9MHEALTH or write to Mental Health, Pueblo, Colorado 81009.

A full copy of the report is available on the World Wide Web at [www.surgeongeneral.gov](http://www.surgeongeneral.gov), and may be purchased from the Superintendent of Documents at the Government Printing Office.

## **Law Requires Equal Coverage for Mental Health/Medical Care**

A state law passed last year and sponsored by Rep. Page Walley, R-LaGrange, mandates that treatment for mental illness must be covered at the same level as medical services by most group insurance policies.

The coverage, which became effective January 1, 2000, applies to insurance provided by businesses with more than 25 employees. Under the law, mental illnesses are subject to the same annual and lifetime caps on benefits as medical and surgical benefits.

The measure ensures that outpatient visits for mental health medicine management must be covered in the same way as those for the treatment of physical illness.

Alcohol and drug treatments are excluded, however, and the new law does not apply to TennCare recipients.

Walley, a clinical psychologist, said the law is one of the strongest in the nation and will help keep families from wiping out savings to pay for mental health treatment.

NAMI-Tennessee is credited with garnering support for the bill through its public education efforts. Tennessee is one of the few states that have passed such legislation to date.

People who have depression, bipolar disorders, schizophrenia and other brain disorders are expected to benefit from the new legislation.



The Alliance for the Mentally Ill-Tennessee honored the Dual Diagnosis Recovery Network (DDRN) with its Model Project Award. It was given for the DDRN's support to persons with dual diagnosis. Pictured (from left) are DMHMR Assistant Commissioner for Mental Health Services Melanie Hampton, NAMI-TN President Gene Pool, Director of the DDRN Tina Cartwright and Department of Health Assistant Commissioner for Alcohol and Drug Abuse Services Dr. Stephanie Perry.

## Update

of the Tennessee Department of Mental  
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State of Tennessee  
Don Sundquist, Governor



Elisabeth Rukeyser,  
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Ben Dishman, Deputy Commissioner  
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Barbara Brent, Deputy Commissioner  
Mental Retardation Services  
Mack Rhea, Acting Asst. Commissioner  
Administrative Services

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Martha Robinson, Director  
Patricia Fortner, Editor  
Carol Smith, Associate Editor  
Linny Parker, Circulation

Pursuant to the State of Tennessee's policy of  
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Contact the department's EEO/AA Coordinator  
at (615) 532-6580, the Title VI Coordinator at  
(615) 532-6567 or the ADA Coordinator at  
(615) 741-7440 for inquiries, complaints or  
further information. Persons with hearing  
impairment should call (615) 532-6612

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## Around the State

### Centerstone Awarded \$4.6 Million in Welfare-to-Work Funds

Centerstone Community Mental Health  
Centers recently received \$4.6 million in  
federal funds to provide employment and  
support to victims of domestic violence.

The center uses the funds to provide case  
managers to participating domestic violence  
shelters so individuals may be referred to  
welfare-to-work programs for skills training  
and job placement. Child care and  
transportation assistance is also provided.

Centerstone is one of 64 welfare-to-work  
recipients announced nationally by the U.S.  
Department of Labor.

A total of \$222 million in funding was  
awarded for innovative welfare to work  
solutions across the U.S.

### Centerstone Promotes Three Employees

Middle Tennessee's Centerstone  
Community Mental Health Centers recently  
promoted three employees.

Melissa Merriman, annual  
fund coordinator, was  
promoted to development  
manager for the Dede Wallace  
Center. She is responsible for  
financial resource  
development and oversees  
special events and community outreach. She  
also serves as development counsel for the  
Luton Mental Health Center.



Merriman earned a master's degree in  
human development counseling at Vanderbilt  
University.

Ramona Rhodes was  
promoted from promotions  
and communications  
coordinator to promotions and  
communications manager.



She is the primary liaison  
for public relations and  
marketing activities and oversees grant  
development, the donor and volunteer  
database system and the Compeer program.  
She is a graduate of David Lipscomb  
University.

Paige Matthews,  
development manager for  
financial resource  
development for Highland  
Rim Mental Health Center,  
now oversees the development  
offices at Harriett Cohn and  
the Columbia Area MHCs.



She is also responsible for county  
government development for the 26 counties  
served by Centerstone. She has a degree in  
mass communications from Middle Tennessee  
State University.

### DD Council Schedules Youth Leadership Forum

The Tennessee Developmental Disabilities  
Council will host a Youth Leadership Forum  
(YLF), June 26-29 at Vanderbilt University in  
Nashville.

YLF Director Kevin Wright said the four-  
day event is designed to prepare high school  
juniors and seniors with disabilities to  
overcome any barriers to education,  
employment and social participation they  
face as young adults.

According to Wright, the forum offers  
opportunities for students to hear from adults  
with disabilities who have successfully  
overcome these barriers.

Sessions include both large group  
discussions and a special mentor luncheon.  
Participants are also provided a chance to  
share their own successes through small group  
and social activities including a dance and  
talent show.

The group includes 30 students -10 from  
each division of the state. Members are  
selected based on leadership potential,  
involvement in extracurricular activities  
(such as sports, the arts and music),  
community involvement and abilities to  
interact effectively with other students. A  
panel of DD Council members made the  
selections.

### McNabb Center Opens Adolescent Substance Abuse Treatment Facility

The Helen Ross McNabb Center opened  
its new Werner Center for substance abuse  
treatment for adolescents in December.

Located on Lake Loudoun in Blount  
County, the center occupies a portion of 90  
acres donated by Robert and Leila Werner in  
1998.

The new structure replaces an outdated  
building located on Citico Street in  
Knoxville. This facility and CenterPoint  
Adult Services, which opened in November  
of 1998, are the result of a \$3.4 million  
capital campaign by the McNabb Center.  
CenterPoint is located in a renovated  
building on Bell Camp Pike.

The adolescent program is a three to five  
month program providing comprehensive  
treatment for chemically dependent youths,  
ages 13 to 18. The program includes  
individual and group counseling, alcohol and  
drug education classes, recreation and  
aftercare.

Family re-integration is a goal. The  
program includes a certified school offering  
individual instruction for grades 7 through 12  
and GED preparatory classes. The center has  
a 24-bed capacity.



# Around the State

## Families First Earns Recognition; Brings Bonus Money to Tennessee

Tennessee received \$6.4 million in "bonus" money for its recent success in helping welfare recipients move into jobs, according to the governor's office.

The state was heralded as one of the top three in the nation because Families First put 62 percent of unemployed recipients in a job between October 1997 and September 1998.

The awards, part of the 1996 federal welfare reform law, were designed as incentives for states to do more than cut welfare rolls. Of 46 states competing for the funds, 27 were successful in obtaining part of the \$200 million earmarked for the incentive.

## Tennessee's Infant Death Rate Drops to Record Low

Efforts to improve the health of Tennessee's children are paying off, according to a report released by the Department of Health recently.

Tennessee's infant mortality rate fell to a record low of 8.2 deaths per 1,000 live births in 1998, down from 8.5 in 1997.

The most significant decline was seen in the black mortality rate, which dropped 7.4 percent from 16.3 to 15.1 per 1,000 live births. The white race decreased only slightly from 6.4 to 6.3.

"Tennessee's infant mortality rate declined by 24 percent from 1988 to 1998," said Health Commissioner Fredia Wadley, M.D. "We will continue to build on this success while striving to find new ways to make sure that babies are born healthy and continue to stay healthy."

## Arc of Tennessee Adds Adult Advocacy Coordinator

Melissa Miller has joined the Arc of Tennessee as adult advocacy advisor.

Miller, a graduate of the University of Tennessee and adjunct professor at Middle Tennessee State University, will handle the Arc's "5000 by 2005" waiting list campaign.

She will also work to develop additional resources for persons with mental retardation and other developmental disabilities.

Miller is experienced in public policy and monitoring and working with legislative committees on health, education and family issues. She is also versed in regional planning, economic development and public relations.

## Happenings

- Dr. Roger L. Winsett recently opened a clinical psychology and psychophysiology practice at the Union City Medical Center in West Tennessee. He specializes in treatment of ADD and ADHD. Winsett holds a doctorate in philosophy of clinical psychology from the University of Louisville and served a residency in psychophysiology at the Menninger Foundation in Topeka, Kansas.



- Angie Thompson has been named executive director of the Mental Health Association of Middle Tennessee. She is the former assistant director of the Child Development Center at Vanderbilt University Medical Center.
- Do-Drop-In Springfield, a part time outreach program sponsored by the Harriett Cohn Center in Clarksville, opened recently for past and present consumers of mental health services in Robertson County. Cohn also recently opened the Psychosocial Rehabilitation Enrichment Program in Clarksville. It helps people 18 and older who have a history of mental illness learn new living and work skills.
- University Medical Center in Lebanon now offers short term, acute hospitalization for individuals, 12 years and older, with a dual diagnosis of mental illness and a developmental disability. For more information, contact Beth Goodner, community education director at (615) 449-0500, ext 6382.

- Tommy Lynn, a 25-year veteran on the Plateau Mental Health Center Board of Directors, was recently honored in Cookeville. Lynn also served on the Volunteer MHC board and was named the first director emeritus as part of the ceremonies.
- The Horsing Around Pavilion, which provides recreation and growth opportunities to persons who are mentally challenged, recently opened outside Jonesborough. Owner David Crockett says the program is a cross between a day camp and an activity center for people with disabilities. Crockett hopes to work with area businesses to secure sponsorship for participants.
- The Tennessee Psychological Association has named Tullahoma's Dr. David C. Mathis "Grassroots Psychologist of the Year." Grassroots is a program targeted to keeping psychologists informed on current developments for patients and political issues affecting psychologists.
- Dr. Clifton R. Tennison Jr. and the Helen Ross McNabb Center in Knoxville were recently awarded the American Association of Community Psychiatrists (AACP) Moffie Award for Ethical Practice in Public Sector Managed Behavioral Healthcare. The award recognizes ethical responses to the challenges of managed behavioral health care in the public sector.

- Lottie Walker, M.D., recently joined the Counseling Center in Columbia. Walker specializes in child and adolescent psychiatry. She formerly served at the Southwest Mental Health Center in Memphis. A graduate of the University of Tennessee Center for Health Sciences, Walker completed a psychiatry residency and child adolescent psychiatric fellowship at the University of Texas.
- Pacesetters of Warren County held an open house in November to show off its new facility. The building, located in McMinnville, provides a working environment for 40 persons with mental retardation. Also displayed were four Inteva Pentium PCs, a gift from Bridgestone/Firestone, Inc.



- Melinda Waldrop, M.D., recently joined the staff of Tennessee Christian Medical Center as a psychiatrist. Waldrop, formerly with MBMHI and the Hiwassee Mental Health Center, earned a doctorate in medicine from the University of Tennessee Center for Health Sciences. Her residency in adult outpatient psychiatry was served at Vanderbilt.
- The Tennessee Christian Medical Center recently began providing behavioral health services for Gateway Health Systems in Clarksville. Services include inpatient and outpatient care.

